

Sania Tawanta Br Brahmana, Debora Paninsari, Santa Greace Sidabutar, Yulita Sari Tamba,  
Romasta Diana Marbun, Phoebe Simangunsong

## MOTIVATIONAL FACTORS FOR MOTHERS WHO BRING THEIR BABIES TO BABY SPA

Sania Tawanta Br Brahmana<sup>1</sup>, Debora Paninsari<sup>2\*</sup>, Santa Greace Sidabutar<sup>3</sup>, Yulita Sari Tamba<sup>4</sup>,  
Romasta Diana Marbun<sup>5</sup>, Phoebe Simangunsong<sup>6</sup>

<sup>1,2,3,4,5,6</sup> PUI Gentle Baby Care, Universitas Prima Indonesia

Email: [deborapaninsari@unprimdn.ac.id](mailto:deborapaninsari@unprimdn.ac.id)

### ABSTRAK : FAKTOR MOTIVASI BAGI IBU YANG MEMBAWA BAYINYA KE BABY SPA

Baby spa merupakan salah satu fisioterapi pada bayi dan dapat mendorong aktivitas motorik bayi dengan tujuan memberikan relaksasi pada bayi. Faktor-faktor yang memotivasi ibu untuk membawa bayinya ke baby spa sebagian besar berkaitan dengan manfaat kesehatan dan tumbuh kembang bayi serta peningkatan pengetahuan ibu. Tujuan penelitian ini adalah untuk mengetahui analisis faktor motivasi ibu yang membawa bayinya ke baby spa di Klinik Lutuna Baby Spa Pratama Ika. Jenis penelitian kuantitatif ini menggunakan rancangan penelitian survei investigatif yang dipadukan dengan metode cross sectional. Sampel penelitian sebanyak 30 orang. Uji yang digunakan adalah uji Chi Square. Hasil penelitian diperoleh nilai  $p = 0,000$  atau berarti  $p < 0,05$ , terdapat hubungan kecenderungan dengan motivasi ibu yang membawa bayinya ke Baby Spa. Nilai  $p = 0,028$ , terdapat hubungan antara tumbuh kembang dengan motivasi ibu yang membawa bayinya ke Baby Spa. Kesimpulannya adalah faktor motivasi ibu yang membawa bayinya ke Baby Spa di Klinik Pratama Ika adalah faktor kecenderungan dan faktor tumbuh kembang. Disarankan kepada ibu (responden) agar lebih meningkatkan motivasi dalam meningkatkan tumbuh kembang bayi dan lebih peka terhadap masalah kesehatan bayi.

Kata kunci: Motivasi Ibu, Baby Spa, Tumbuh Kembang Bayi

### ABSTRACT

Baby spa is one of the physiotherapies in babies and can encourage the baby's motor activity with the aim of providing relaxation to the baby. The factors that motivate mothers to bring their babies to the baby spa are largely related to the health and development benefits of the baby as well as increased maternal knowledge. The objective of the study was to investigate the analysis of the motivational factors of mothers who bring their babies to the baby spa at Lutuna Baby Spa Pratama Ika Clinic. This type of quantitative research is based on an investigative survey research design combined with a cross-sectional method. The sample was 30 people. The test used is the Chi Square test. The results obtained a value of  $p = 0.000$  or means  $p < 0.05$ , there is a trend connection with the motivation of mothers who bring their babies to the Baby Spa. The value of  $p = 0,028$ , there exists a connection between growth and development and the motivation of the mother who brings her baby to the Baby Spa. The conclusion is that the motivational factors of mothers who bring their babies to the Baby Spa at Pratama Ika Clinic are trend factors and growth and development factors. It is recommended for mothers (respondents) to further increase their motivation in improving the baby's growth and development and be more sensitive to the baby's health concerns.

Keywords: Mom's Motivation, Baby Spa, Baby Growth and Development

### INTRODUCTION

The age of 0-5 years is a very crucial period for the growth and development of children or known as *the golden age*. At this age, children are in the most rapid phase of development and growth. However, the development of each child is not exactly the same as each other. There are children who develop quickly. There are also those that take a long time. Not only that, there are also early childhood children whose development is hampered because it is caused by several factors, such as

genetics, lack of stimulation and others (Suryaningsih et al., 2023)

According to Abubakar (2024), the early years of life from the fetal period in the womb to the age of 2 years are a very crucial period for the development and growth of babies. In infancy, children need adequate nutrition and good nutrition and need the right stimulation so that growth and development are optimal. Developments that occur in infants and toddlers include speech and language skills, movement, independence, and socialization (Abubakar et al, 2024). According to *the World*

Health Organization (WHO) in 2017, globally around 20-40% of babies aged 0-3 years experience late developmental delays. The prevalence of child developmental disabilities in various developing and developed countries ranges from 12-16% in the United States, 23% in Hong Kong and 22% in Argentina.

Currently, science and technology are getting more rapid, as well as in the field of growth and development of children. The tradition of how to take care of babies passed down by our predecessors turns out to be rich in benefits. One of them is baby massage which has been proven to help early childhood development. In the past, baby massage was synonymous with the crying and screaming of the baby when massaged, now with a modified way, baby massage is actually a fun time and makes the baby cheerful (Juwita & Jayanti, 2019).

Baby massage is now booming and has become a new trend for baby care, namely baby spa. Baby spas are now becoming a trend among young families. This trend can be a business because it is seen as having various benefits for the health of babies. Baby spa is one of the physiotherapies for babies and can encourage baby motor activity with the aim of providing relaxation to babies. Baby spa is a series of stimulation programs to support the development and growth of children that integrate baby massage, swimming (*baby hydro*) and baby gymnastics (*baby gym*) services (Laoh et al., 2024).

Baby spas have a myriad of benefits, including improving blood circulation, increasing the quality of baby sleep, increasing the quality of baby responsiveness, appetite, inner bonding and communication (Aryunani et al., 2022). Research by Widhiastuti et al. (2022) entitled "The relationship between the frequency of baby spa and the sleep quality of babies aged 3-6 months", found that there is a relationship between how often babies get baby spas and the sleep quality of babies aged 3-6 months. This harmony is because the *baby spa approach* will have an impact on the quality of sleep for babies (Widhiastuti et al., 2022).

Research carried out by Marlina et al. (2024) entitled "The relationship between health education about infant massage and maternal behavior in performing massage independently", obtained results that there is a link between health education regarding infant massage and its relationship with the way mothers act when performing massage independently ( $P=0.008$ ) (Marlina. Elvina et al., 2024). Another research carried out by Paninsari et al. (2022) entitled "the relationship between the

frequency of infant massage and the pattern of defecation of infants who are exclusively breastfed at the Pratama Bunda Patimah Clinic", "obtained the result that there is a relationship between how often babies get massage and their defecation pattern ( $p=0.036$ ). (Paninsari et al, 2022).

In its development, the baby spa trend does not only include taking care of the body, but also includes other treatments, such as massaging the body. Spas are now also not limited to adults, because children and babies can also get spas at certain spa salons. Generally, all activities for babies are carried out under the supervision of a therapist who is competent in their field.

The existence of a baby spa is very much used by parents who are busy working and have high economic/income status. Unfortunately, not all couples can include their children in baby spas because there are no adequate baby spa places in their environment (MCC, 2019).

Research conducted with Sari and Aini (2023) entitled "The Effect of Baby Spa on Weight Gain in Babies at Happy Baby Spa Palembang in 2020", found that there was a significant impact of baby spa on infant body weight gain ( $p=0.000$ ) (Sari & Aini, 2022). Another research carried out by Maryati et al. (2021) with the title "solus per aqua (spa) baby is just a trend or beneficial for the growth and development of babies", obtained the result that solus per aqua (spa) is effective in optimizing the baby's weight gain and body length, but is not effective enough in optimizing the baby's development (Maryati et al, 2021).

From the results of a survey conducted on October 15, 2024 at Lutuna Spa Pratama Ika, 30 babies were brought by their mothers to do baby spa in the last 1 month. Based on interviews with mothers who have babies and visit Lutuna Spa Pratama Ika, some mothers said they brought their babies because there were complaints of cough and cold, bloating and difficulty sleeping. Others, mothers are concerned because of the benefits of a good baby spa and following current trends. From the background that has been described, the researcher is interested in researching the Analysis of Motivational Factors of Mothers Who Bring Their Babies to the Baby Spa at Lutuna Spa Pratama Ika.

### Problem Formulation

Based on the above background, the formulation of the problem in this research is what are the motivational factors of mothers who bring their babies to the baby spa at Lutuna Spa Pratama Ika?

## **Research Objectives**

### **General Purpose**

In order to see the analysis of the motivational factors of mothers who bring their babies to the baby spa at Lutuna Spa Pratama Ika

### **Special Purpose**

The specific objectives of this research are:

1. In order to find out the frequency distribution of motivation of mothers who bring their babies to the baby spa based on trends
2. To identify the frequency distribution of motivation of mothers who take their babies to baby care centers (baby spa) based on knowledge
3. To identify the frequency distribution of motivation of mothers who take their babies to baby spas based on economic status
4. To identify the frequency distribution of motivation of mothers who take their babies to baby spas based on the quality of the baby's sleep
5. To identify the frequency distribution of motivation of mothers who take their babies to baby spas based on the growth and development of the baby
6. To identify the frequency distribution of motivation of mothers who take their babies to baby care centers (baby spas) based on maternal emotional support

## **Research Benefits**

### **For Research Venues**

It can be an improvement in baby spa services to increase the health of babies.

### **For Education**

It is a reference and comparison for students of the Faculty of Nursing and Midwifery, Prima Indonesia University Medan.

### **For Researchers**

In order to expand researchers' knowledge about the Analysis of Motivational Factors of Mothers Who Bring Their Babies to Baby Spa and enrich researchers' experience in carrying out health research.

## **LITREATURE REVIEW**

### **Early Childhood Growth and Development**

The early years of a child's life, particularly from birth to five years old, are recognized as a crucial period known as the "golden age" for growth and development. During this stage, children experience rapid physical, cognitive, and emotional development. However, the rate of development varies from child to child. Some children develop quickly, while others take longer. Several factors,

such as genetics, lack of stimulation, and environmental influences, can hinder early childhood development (Suryaningsih et al., 2023). According to Abubakar (2024), the first two years of life, including the fetal period, are particularly critical for a child's overall development. Proper nutrition and appropriate stimulation are essential to ensure optimal growth, encompassing speech and language skills, motor abilities, independence, and socialization (Abubakar et al., 2024). Data from the World Health Organization (WHO) in 2017 indicates that globally, around 20-40% of children aged 0-3 years experience developmental delays, with prevalence rates of 12-16% in the United States, 23% in Hong Kong, and 22% in Argentina.

### **The Role of Baby Spa in Infant Development**

With advancements in science and technology, traditional baby care practices have evolved into more structured interventions. One such practice is baby massage, which has been found to be beneficial in promoting early childhood development. Previously associated with discomfort and crying, baby massage has been modified into an enjoyable experience that enhances a baby's well-being (Juwita & Jayanti, 2019). This practice has led to the rise of baby spas, a popular trend among young families. Baby spas integrate various physiotherapy techniques, including baby massage, hydrotherapy, and baby gymnastics, to support infants' motor skills and relaxation (Laoh et al., 2024). Research highlights the benefits of baby spas, such as improved blood circulation, enhanced sleep quality, better appetite, stronger parent-child bonding, and increased responsiveness (Aryunani et al., 2022). Studies, such as those by Widhiastuti et al. (2022) and Sari & Aini (2022), demonstrate the positive correlation between baby spa frequency and improved sleep quality and weight gain. Despite these benefits, access to baby spa services remains limited in certain regions, restricting its availability to families with higher economic status (MCC, 2019).

## **RESEARCH METHODS**

### **Types and Design of Research**

This research uses a type of quantitative research with an analytical survey research design with a cross sectional method which includes the collection of data at the same time/with the same time and circumstances to find out the Analysis of Motivational Factors of Mothers Who Take Their Babies to the Baby Spa at Lutuna Baby Spa Pratama Ika Clinic (Mustafa et al., 2020).

### Place and Time of Research

#### Research Venue

This research was carried out at Lutuna Baby Spa, Pratama Ika Clinic, Jalan Karya Rakyat No.53, Sei Agul, West Medan District, North Sumatra in 2024. The reason for choosing a place at Lutuna Baby Spa Pratama Ika Clinic is because Lutuna Baby Spa Pratama Ika Clinic has a Baby Spa program and samples are fulfilled at that location.

#### Research Time

The research will be conducted in November 2024.

### Population and Sample

#### Population

Population is a collection of subjects and objects that have specific characteristics and attributes determined by the researcher to be studied, with the aim of drawing conclusions based on the results of the study (Santosa, 2019). The population in this research is all mothers who drop

off their babies at the Baby SPA at Lutuna Baby Spa Pratama Ika Clinic which is 30 mothers.

#### Sample

The sample is a part of the population that is designated to represent the whole, so it can provide an overview of the population (Anshori & Iswati, 2019). The sample in the research was all mothers who took their babies to the Baby SPA at Lutuna Baby Spa Pratama Ika Clinic. The sample acquisition technique uses the total sampling method.

### Data Collection Methods

The method of data collection used is by distributing questionnaires that are prepared to measure variables. The variables measured were baby spa trends, knowledge, economic status, baby sleep quality, baby growth and development, and maternal emotional support.

### Measurement Aspects

The measurement aspects of this research are in Table 1 below:

Variable	Measuring Instruments	Scale	Measurement results
Trend	Questionnaire	Ordinal	Keeping up with trends Not following trends
Knowledge	Questionnaire	Ordinal	Good (76-100%) Moderate (56-75%) Less (< 56%)
Economic status	Questionnaire	Ordinal	High ( $\geq$ Rp. 5.000.000) Medium (Rp.3,500,000-Rp.5,000,000) Low (IDR 2,500,000-IDR 3,500,000) Very low ( $\leq$ Rp.2,500,000)
Baby's sleep quality	CSAQ Questionnaire (Children's Sleep Assessment Questionnaire)	Ordinal	Good (if the baby's sleep hours are $\geq$ 9 hours at night, the frequency of waking up <3 times and the duration of awakening <1 hour) Bad (if the number of hours of sleep is <9 hours at night, the frequency of waking up $\geq$ 3 times and the duration of awakening $\geq$ 1 hour)
Growth and development	Questionnaire	Ordinal	Normal (if the body weight is up to three times the birth weight, the length/height increases by 50% of the birth length, the head circumference increases by around 10 cm) Abnormal (if body weight < three times birth weight, Length/height increases < 50% of birth length, Head circumference increases by around 10 cm)
Trend	Questionnaire	Ordinal	Keeping up with trends Not following trends
Knowledge	Questionnaire	Ordinal	Good (76-100%) Moderate (56-75%) Less (< 56%)

Economic status	Questionnaire	Ordinal	High ( $\geq$ Rp. 5.000.000) Medium (Rp.3,500,000-Rp.5,000,000) Low (IDR 2,500,000-IDR 3,500,000) Very low ( $\leq$ Rp.2,500,000)
Baby's sleep quality	Kuesioner CSAQ (Children's Sleep Assessment Questionnaire)	Ordinal	Good (if the baby's sleep hours are $\geq$ 9 hours at night, the frequency of waking up $<$ 3 times and the duration of awakening $<$ 1 hour) Bad (if the number of hours of sleep is $<$ 9 hours at night, the frequency of waking up $\geq$ 3 times and the duration of awakening $\geq$ 1 hour)
Growth and development	Questionnaire	Ordinal	Normal (if the body weight is up to three times the birth weight, the length/height increases by 50% of the birth length, the head circumference increases by around 10 cm) Abnormal (if body weight $<$ three times birth weight, Length/height increases $<$ 50% of birth length, Head circumference increases by around 10 cm)
Emotional support of mothers	Questionnaire	Ordinal	Support Doesn't support

### Data and Data Analysis

#### Data Processing Engineering

1. Editing, in this phase, the researcher will complete the overall data on each (instrument) of the questionnaire measuring instrument on the observation and process of examining, improving and perfecting the research manuscript to ensure that the content, structure and format are in accordance with academic or scientific standards.
2. Coding, at this stage the researcher will provide coding or coding with the aim of perfecting the data in the form of letters and sentences into number and number data, as well as making it easier to analyze the data.
3. Scoring or scoring, in scoring, the researcher will give the highest and lowest scores for each celebration given on the questionnaire sheet. After the questionnaire has been filled out correctly, the researcher will immediately process the observation sheet data from the 30 respondents who have been determined.
4. Tabulating or tabulating

### Data Analysis

#### Univariate Analysis

The univariate analysis carried out was on the results of the research variables of knowledge factors, baby spa trends, baby sleep quality, baby growth and development, and maternal emotional support.

### RESEARCH RESULTS

#### Features of Respoden

After conducting research and collecting data on 30 respondents to mothers who brought their babies to the Baby Spa at the Pratama Ika Clinic, the following are the results of data management that have been obtained.

**Table 1**  
**Characteristics of respondents of mothers who bring their babies to the Baby Spa at Pratama Ika Clinic**

Karateristik Responden	Frequency (F)	Presented (%)
Mother's Age		
31-35 years old	13	43,3
26-30 years old	11	36,7
20-25 years old	6	20
Education		
PT	25	83,3
SMA	5	16,7

Referring to table 1, mothers aged 31-35 years were 43.3% (13 people), mothers aged 26-30 years were 36.7% (11 people), 20-25 years old 20% (6 people). Meanwhile, mothers with educational characteristics obtained data are mothers with high school education 16.7% (5 people), while mothers with a university education (bachelor) 83.3% (25 people).

## Univariate Analysis

Table 2  
Motivational Factors for Mothers Who Bring Their Babies to Baby Spa

Category	Frequency (F)	Presented (%)
Trend		
Follow	25	83,3
Not Following	5	16,7
Knowledge		
Good	21	70
Enough	6	20
Less	3	10
Economic Status		
Very High	0	0
Tall	18	60
Keep	1	3.3
Low	11	36,7
Baby's Sleep Quality		
Good	16	53,3
Bad	14	46,7
Growth and Development		
Good	21	70
Bad	9	30
Mother's Emotional Support		
Support	20	66,7
Not Supported	10	33,3

Referring to the results obtained in table 2 above regarding trends, it can be concluded that mothers who follow the trend are more 83.3% (25 people) while mothers who do not follow the trend are less 16.7% (5 people). The results of the table above regarding knowledge were obtained in mothers with good knowledge more than 70% (21 mothers), mothers with sufficient insight 20% (6 mothers), mothers who had less insight were 10% (3 people).

In the results of the table above regarding economic status, 0% of mothers have been obtained (no mothers with very high economic status, mothers with high economic status up to 60% (18 people), mothers with less moderate economic status 3.3% (1 person), mothers with low economic status are 36.7% (11 people). Meanwhile, the results of the baby sleep quality table were obtained by mothers who brought their babies to the Baby Spa with good baby sleep quality, which was 53.3% (16 people), while mothers who brought their babies to the Baby Spa with poor baby sleep problems were 46.7% (14 people).

The results of the growth and development table above, have been obtained that mothers who bring their babies to the Baby Spa with good baby growth and development are 70% (21 people) more,

compared to mothers who bring their babies to the Baby Spa who are bad 30% (9 people). In the results of the table of emotional support of mothers above, it has been obtained that mothers who bring their babies to the Baby Spa with emotional support that supports 66.7% (20 people) more, compared to mothers who bring their babies to the Baby Spa with emotional support who do not support 33% (10 people).

## DISCUSSION

According to the test results that have been used, namely the Chi Square test obtained Ha rejected H0 accepted with a result of  $p < 0.05$ , then it can be concluded that there is a link and if a score of  $p > 0.05$  is obtained so that it is obtained that there is no connection. The results of the research obtained from the results of data processing showed that the relationship between trends and the motivation of mothers who bring their babies to the Baby Spa was with a percentage of 96% who had a trend relationship with the motivation of mothers who brought their babies to the Baby Spa. After conducting a data test using Chi Square, a score of  $p = 0.000$  or meaning  $p < 0.05$  was obtained, then it can be concluded that Ha was rejected H0 approved, which means that there is a trend

relationship with the motivation of mothers who bring their babies to the Baby Spa. The results of this research are also in line with the research studied by Gst. Ayu Atun Luviana et al in 2022 with the title "The Influence of Instagram Social Media Advertising" Instagram social media advertising (Instagram advertisement) has a positive and significant impact on buying interest in Ayrin Moms & Baby Care. The results of the t-test prove that the calculated t-score is 2.408 and the significance score is 0.016 (below 0.05), then the null hypothesis ( $H_0$ ) is rejected. Thus, the variable Ads served through Instagram showed a significant positive impact on buying interest in Ayrin Moms & Baby Care.

Knowledge with the motivation of mothers who bring their babies to the Baby Spa, the result is obtained  $p=0.49$  means  $p>0.05$  means that there is no relationship of knowledge to the motivation of mothers who bring their babies to the Baby and this can be influenced by other supporting factors. And this is also inversely proportional to the previous research by Indah Ayu Wulandari et al in 2019 entitled "The Level of Knowledge and Motivation of Mothers in Providing Baby Spa to Their Babies". Thus, there was a significant correlation between the level of knowledge of respondents and their motivation to give baby spa to babies aged 3-12 months ( $p = 0.002$ ) with a fairly high relationship strength ( $r = 0.559$ ). The results of the analysis showed that the correlation was positive, meaning that the higher the mother's knowledge about baby spa, the higher their motivation to give baby spa to their baby.

Meanwhile, in the data management obtained, where  $p=0.417$  or means  $p>0.05$  where there is no relationship between economic status and the motivation of mothers who bring their babies to the Baby Spa. This research is not significant from the previous research studied by Putri Jayanti et al in 2022 entitled "The Relationship between Knowledge, Economic Status, and Frequency of Baby Spa (Solus Per Aqua) on Gross Motor Development in Infants Aged 3-6 Months at the Putri Toboali Clinic". Based on the results of the study, it was found that among respondents with economic status below the UMR, there were 3 people (27.3%) who had babies with indications of suspicious gross motor development. In respondents with a minimum economic status UMR, there was only 1 respondent (5.9%) who had a baby with indications of gross motor development problems. Statistical testing resulted in a P score of 0.269, which means that there was no significant correlation between economic status and gross

motor development in babies aged 3-6 months at the Putri Toboali Clinic in 2022.

In the processing of data on the baby's sleep quality factor on the motivation of mothers who bring their babies to the Baby Spa,  $p=0.272$  or means  $p>0.05$  can be concluded that there is no relationship between the baby's sleep quality and the motivation of mothers who bring their babies to the Baby Spa. This is also not significant from the previous study by Ratna Widhiastuti et al in 2022 which was titled "The Relationship between Baby Frequency and Sleep Quality of Babies Aged 3-6 Months". A significance of 0.01 indicates a high level of accuracy, with an error rate of 1%. The test results showed that the p value was 0.000. Because the significance score was below 0.01, the alternative hypothesis ( $H_a$ ) was approved and the null hypothesis ( $H_0$ ) was rejected, which means that there was a relationship between the frequency of baby spas and the sleep quality of babies aged 3-6 months in Pasarbatang Village, District, Brebes Regency.

The results of the processing of growth and development factors obtained data  $p=0.028$  or meaning  $p<0.05$  can be concluded that there is a relationship between growth and development to the motivation of mothers who bring their babies to the Baby Spa. This is also in line with previous research by Widia Astuti et al. in 2019 entitled "Understanding Child Development and Mother's Motivation in Dealing with Child Growth and Development". With the results of the research, mothers can understand and understand growth and motivation in overcoming child growth and development.

Meanwhile, on the emotional support factor of mothers who bring their babies to Baby, it has been obtained from the results of data management  $p=1$  or meaning  $p>0.05$  and the conclusion that there is no relationship between maternal emotional support and the motivation of mothers who bring their babies to the Baby Spa. The results of this study were also not significant in the previous study by Sri Janatri in 2022 entitled "The Relationship between Family Support and Maternal Motivation with Maternal Compliance in Providing Basic Immunization to Infants". Statistical analysis using the chi-square test showed a p-score of 0.000. Referring to the initial hypothesis, where the  $p <$  value of 0.05 indicates rejection of the null hypothesis ( $H_0$ ), it can be concluded that there is a significant relationship between maternal motivation and compliance with the provision of basic immunization for infants in Palabuhanratu Village,



Palabuhanratu Health Center Working Area,  
Sukabumi Regency.

## CONCLUSION

From the results of the research that has been carried out and the results of the data management carried out, it can be concluded that the mother's motivation factor is from the 6 factors, namely the trend factor, the knowledge factor, the economic status factor, the baby's sleep quality factor, the growth and development factor and the mother's emotional support factor. What is included in the motivation factor for mothers who take their babies to the Baby Spa at Pratama Ika Clinic is trend factors and developmental and growth factors. In line with the results of the research that has been obtained that a score of  $p = 0.000$  or means  $p < 0.05$ , it can be concluded that  $H_a$  is rejected  $H_0$  approved which means that there is a trend relationship with the motivation of mothers who bring their babies to the Baby Spa. Meanwhile, the results of growth and development factors showed that obtained from the results of data processing  $p = 0.028$  or meaning  $p < 0.05$  it can be concluded that there is a relationship between growth and development to the motivation of mothers who bring their babies to the Baby Spa.

## RECOMMENDATION

After the researcher has finished conducting the research, as well as some suggestions that need to be considered, including:

1. For mothers (respondents) to further increase their motivation in improving the baby's growth and development and be more sensitive to the baby's health concerns.
2. For educational institutions to further increase reading literacy that can have a good or positive impact to increase insight into the motivation of mothers to bring their babies to the Baby Spa.

## FURTHER STUDY

For the next analysis (researcher), it is hoped that they will be able to find new research in the future.

## REFERENCES

- Abubakar, M. L., Us, H., Ismayanty, D., Ernita, E., Sarliana, S., Apriyanti, I., Asmanidar, A., Lubis, R., Fauziandari, E. N., Lontaan, A., Sahalessy, Y., Rachmawati, N. C., Yauri, I., & Danaz, A. F. (2024). *BUNGA RAMPAI ASUHAN NEONATUS DAN BAYI* (R. Rahmawati (ed.)). PT Media Pustaka Indo.
- Agustina. Agustina, Revinel, R., Aritonang, J., Pratama, R. M., Nurita, S. R., & Nengsih, N. (2023). *Buku Ajar Asuhan Kebidanan Bayi dan Balita S1 Kebidanan*. In *Bukel*. Mahakarya Cipta Utama.
- Anshori, M., & Iswati, S. (2019). *Metodologi Penelitian Kuantitatif: Edisi 1*. In *Surabaya: UNAIR*. Airlangga University Press.
- Aryunani, A., Taufiqoh, S., & Anifah, F. (2022). *Asuhan Kebidanan Neonatus, Bayi, Balita dan Anak Pra Sekolah*. Penerbit Rena Cipta Mandiri.
- Gst. Ayu Atun Luviana, Ejasa Sembiring, & A.A.I.N Dyah Prami. (2022). Pengaruh Iklan Media Sosial Instagram (Instagram Advertisement) Dan Electronic Word of Mouth (Ewom) Terhadap Minat Beli Di Ayrin Moms & Baby Care. *Journal of Applied Management Studies*, 3(2), 149–159. <https://doi.org/10.51713/jamms.v3i2.51>
- Jayanti, P., Jayatmi, I., & Novita, A. (2023). Hubungan Pengetahuan, Status Ekonomi dan Frekuensi Baby Spa (Solus Per Aqua) terhadap Perkembangan Motorik Kasar Pada Bayi Usia 3-6 Bulan di Klinik Putri Toboali Tahun 2022. *Jurnal Ilmiah Kebidanan Indonesia*, 13(04), 136–142. <https://doi.org/10.33221/jiki.v13i04.2638>
- Juwita, Septiana dan Jayanti, Nicky Danur. 2019. *Pijat Bayi*. CV SARNU UNTUNG: Jawa Tengah.
- Laoh, J. M., Fauziandari, E. N., Marta, E. S., Santri P, Y. V., Mukarramah, S., Julaecha, J., Afriani, Af., Karuniawati, B., & Lilis, D. N. (2024). *BUNGA RAMPAI KEBIDANAN KOMPLEMENTER*. PT Media Pustaka Indo.
- Maryati, S., Istiqomah, I., Iswantiningsih, E., & Punjastuti, B. (2021). Solus Per Aqua (Spa) Baby Sekedar Tren Atau Bermanfaat Untuk Pertumbuhan Dan Perkembangan Bayi. *Journal of Nursing and Health*, 6(2), 74–83. <https://doi.org/10.52488/jnh.v6i2.145>
- Mustafa, P. S., Gusdiyanto, H., Victoria, A., Masgumelar, N. K., Nurika Dyah Lestariningsih, Maslacha, H., Ardiyanto, D., Utama, H. A., Boru, M. J., Iwan Fachrozi, E. I. S. R., Prasetyo, T. B., & Romadhana, S. (2020). *Metodologi Penelitian Kuantitatif, Kualitatif, dan Penelitian Tindakan Kelas dalam Pendidikan Olahraga*. Fakultas Ilmu Keolahragaan Universitas Negeri Malang.
- Paninsari, D., 2022. Hubungan Frekuensi Pijat Bayi Dengan Pola Defekasi Bayi Yang Diberi Asi Eksklusif Di Klinik Pratama Bunda Patimah. Medan.



- Santosa. (2019). *Buku Ajar Metodologi Penelitian*. IPB Press.
- Sari, S. D., & Aini, A. (2022). Pengaruh Baby Spa Terhadap Peningkatan Berat Badan Bayi Di Happy Baby Spa Palembang. *Jurnal Kesehatan Abdurrahman*, 11(1), 17–24. <https://doi.org/10.55045/jkab.v11i1.134>
- Widhiastuti, R., Widyantoro, W., & Yuliani, U. (2022). Hubungan Frekuensi Baby Spa dengan Kualitas Tidur Bayi Usia 3-6 Bulan. *Jurnal EDUNursing*, 6(1), 39–44. [https://repo.stikesicme-jbg.ac.id/218/1/Skripsi Mey.pdf](https://repo.stikesicme-jbg.ac.id/218/1/Skripsi%20Mey.pdf)
- Wulandari, I. ayu, & Parwati, N. W. M. (2019). Tingkat Pengetahuan Dan Motivasi Ibu Dalam Memberikan Baby Spa Pada Bayi. *Jurnal Riset Kesehatan Nasional*, 3(1), 82–85. <https://doi.org/10.37294/jrkn.v3i1.143>